



THE RELATIONSHIP CLARITY & COMMITMENT CHECKLIST

WHAT EVERY WOMAN OVER 40 SHOULD KNOW
BEFORE GETTING EMOTIONALLY INVESTED

By: April A. Carter | Certified, Relationship Expert



Relationship Clarity & Commitment Checklist

What every woman over 40 should know before getting emotionally invested.

April A. Carter | Certified Expert Relationship Coach - www.aprilacarter.com | info@aprilacarter.com

Before You Start Dating

- Define Your **Must-Haves** and **Deal-breakers** using the **WNDC Method**
- Understand Your Relationship **Goals**
- Be Clear on Your **Non-Negotiables**
- Get **Emotionally Ready** for a Serious Relationship

On the First 1–3 Dates

- **Assess Compatibility** in Core Values
- **Observe** His Communication Style
- **Evaluate** How He Treats Others
- **Discuss** Hobbies, Interests, and Passions

When Things Get Consistent

- **Observe** His Consistency in Actions and Words
- **Introduce** Him to Your Close Friends and Family
- **Discuss** Future Aspirations and Dreams
- **Address** Conflicts Constructively

Before Exclusivity

- Have a **Direct Conversation** About Exclusivity
- **Clarify Expectations** for the Relationship

- Ensure **Mutual Understanding** of Commitment
- **Evaluate** Long-Term Potential

On the Path to Marriage

- **Discuss** Finances and Budgeting
- **Explore** Views on Family and Children
- **Plan** a Future Together (even hypothetically)
- Seek **Pre-Marital Counseling** (optional, but recommended)
- **Confirm** Alignment on Core Values and Life Goals

Next Steps

Use this blueprint to navigate your journey towards marriage! Remember that this checklist is a guide, and open communication, understanding, and mutual respect are essential for a successful and fulfilling relationship. Take your love life to the next level with professional help. **Schedule your consultation at calendly.com/aprilacarter.**

HI, I'M APRIL A. CARTER

April A. Carter, Certified Expert Relationship Coach has over 15 years of experience empowering women to live the life they envision. She is a speaker and 3x published author whose groundbreaking strategies have been featured on **NBC, CW, BNC, BUZZ CBS**, and other media outlets as an expert in her field.

Her book, *Compatible Companion* is the #1 New Release that exclusively teaches women how to date for compatibility for lasting love & commitment.

As a domestic violence survivor, April knows the importance of choosing the right partner to achieve the best relationship results possible. Now happily married for over 13 years, she helps single women date with confidence for a fulfilling relationship using strategic strategies taught in her courses, books and seminars.

AS SEEN ON **NBC** **LNC** **THE CW** **CBS** **CM**
CheMinistry

Your relationship is all about you. It's about who you choose, why you choose them and why you stay in the relationship with them. Making better choices in men is the 2nd step in having the love life you want. Loving yourself enough to make better choices, is the 1st step.

April A.



www.aprilacarter.com
[@the_relationshiplady](https://www.instagram.com/the_relationshiplady)
april@aprilacarter.com



CLICK TO SCHEDULE YOUR CONSULTATION